

SEASIDE TRIP 2014



From left to right: Eddie Jacques, Stephanie Sherman, Jackie Svehlak, Robin Jacques, Shelia Scott, Emily Langford, Stephanie Kennedy-Mell, Sunchai Moore, Melinda Anderson, Maggie Bishop, Rusty Walker

GOLF ANYONE?

There's still time! Athletic Club Alabama has a special program with The Ledges. Incredible views from the top of the Huntsville Mountain, year round Social events, resort style Swimming Pool, and delicious cuisine are just a few of the many benefits that await you at The Ledges. Current members can receive the following:

Zero Initiation Fee for a Social Membership

10% off any other membership initiation fee including Full Golf, Corporate Golf, and Young Executive Golf and Sport

Monthly Dues Apply

For more information visit their website at TheLedges.com or call Terry Wilbanks at (256)883-0860. Be sure to ask Terry about other limited time special incentives currently available.

Muscle Activation Therapy with Thomas Amsden

What is MAT?

Muscle Activation Therapy, often referred to as MAT, is utilizing soft tissue massage techniques to correct imbalances and enhance muscle regeneration. The use of this practice has been known to make dramatic improvements in an athlete's balance, flexibility, stamina, speed, power, agility, coordination and body composition.



Thomas Amsden recently joined our team in mid-April. He is a Strengthening and Conditioning Coach/Manual Therapist with over 15 years experience in assisting and developing athletes in multiple sports, utilizing a combination of Functional Movement Screening, Poliquin Structural Balancing, Muscle Activation Techniques, and the C.H.E.K. Biomechanic System, which is designed to address sports-specific conditioning needs and in doing so, improve performance and reduce the risk of injury. Using detailed assessments and personalized programming, the individual issues of each client can be identified and addressed. Have you scheduled your appointment with Thomas? If not, he can be reached by email at thomas@athleticclubalabama.com or by phone at [256] 270-6170. Please visit our website at AthleticClubAlabama.com or go to muscleactivation.com to find out more information.



AND THE CONSTRUCTION CONTINUES...

If you haven't heard, or seen, our new Women's Locker Room opened earlier this week - and she's a beauty! We are thrilled to hear all of the positive feedback as we have officially completed the first phase of our renovation process. Our Members have been heard around the Club oohing and ahing and even mentioning it's spa-like ambience to our Front Desk staff. From the soft blue walls, to the tranquil music playing in the background, our ladies can now enjoy

their own locker room that includes a dressing area with locker space, shower stalls with an additional rain showerhead, three individual enclosed bathrooms, and of course, a steam room. Oh, and did we mention that Robin Jacques, Eddie's wife, has taken the lead on a majority of the interior designing? We can thank her for having such exquisite taste, and providing us with a more modern, sleek design around the Club. Thanks, Robin! 



Adult Summer Camp

Friday, June 20
Saturday, June 21

HEAT CAMP

June 16 - 19
June 24 - 27

Member Referral Drawing Deadline

June 30

CONGRATULATIONS

Harrison Stone and Sydney Homan helped train Scott Schrimsher to prepare for the Special Olympics. Scott won two gold medals for tennis and proudly posed with Harrison in the picture below. Way to go!



TEDDY TENNIS IS COMING TO ATHLETIC CLUB ALABAMA!

STARTS JUNE 9

Teddy Tennis is a program created to encourage children between 2 1/2 to 6 years of age to become more active and learn to play tennis. This instructional program combines music, pictures, and teddy bear stories into a totally interactive learning adventure that appeals to younger children. Beginning June 9, sessions will be held on Mondays and Wednesdays for a total of eight, fifty-minute sessions. For more information or to reserve your child's spot, please contact the Front Desk at [251]881.0931 or email us at frontdesk@athleticclubalabama.com to register. 

**"TWO CLUBS
ONE GOAL
A HEALTHIER YOU!"**

MEMBER REFERRAL DRAWING ENDS 6/30

Have you been entered to win a new iPad Mini? If not, it's real simple! Just refer a friend to become a permanent member of the Club and we will automatically register you in our drawing to be held on July 15.

But wait, there's more!

You will also receive an account credit based on the new member's monthly dues (credit is applied after the new member's third month of membership). What are you waiting for? Entries are unlimited so join the ranks of Raynor Boles, Penny Sumners, and Alex Vasquez who brought in new members last month.

RECAP: FIRST PHASE OF CONSTRUCTION

- 1 Added TWO new clay courts
- 2 Installed FIVE new hard courts
- 3 Brand New Men's Locker Room
- 4 Updated the stairwell
- 5 Brand New Women's Locker Room
- 6 Custom-built [Men's] Dry Sauna
- 7 Modernized the Lobby Area
- 8 Began upstairs demo for new Restaurant
- 9 Initiated framing of new kitchen
- 10 Installing additional Men & Women upstairs restroom



DID YOU KNOW?

Tune in to 97.7 The Zone on Mondays around 6 pm and listen for Eddie talk shop with Wes Neighbors and Steve Moulton during the "Drive at Five"



ADULT SUMMER CAMP

First Adult Summer Camp a major success!

Our first adult summer camp was held last month and had a total of 20 participants. Rusty, our Adult Tennis Director and Tennis Pro, had our members sweating to some tunes while performing high intensity drills for the first hour, and followed up with some strategic live ball drills before finishing up a few "king of the court" games to pump up the cardio. We served fruit and snacks throughout the camp as well as beer and margaritas to top off the fun! Our next camp will be held on June 20-21 so register now at the Front Desk. June's camp will follow a similar format but may vary in strokes and strategy. Ice towels will also be available. Join us later this month! 